

7th Grade

Yellow Belt Green Stripe

FORWARDS AND BACKWARDS

Walking stance, high back-fist strike

FORWARDS

Turning kick, land L stance, knife-hand guarding block

BACKWARDS

Walking stance, outer-forearm wedging block

FORWARDS

Side kick, land L stance, forearm guarding block

BACKWARDS

L stance, knife-hand guarding block

FORWARDS

Walking stance, straight fingertip thrust

BACKWARDS

Walking stance, high outer-forearm block, reverse middle punch

Dosan

3 step sparring **5 to 7**